DIY T masterdoc

AS A FINAL WARNING/STATEMENT. THIS DOCUMENT IS **ONLY** FOR PEOPLE OVER THE AGE OF 18! I LEGALLY CANNOT RECOMMEND THIS FOR PEOPLE UNDER THE AGE, AND I MYSELF DO NOT EVEN RECOMMEND TRYING ANY FORM OF DIY HRT IF YOU ARE UNDER THE AGE!

NOTE AS OF 08/22/2026: This doc was made before I found out I have a potential intersex variation, as well as possibly a hormonal thing that affects how my body processed testosterone, and admittedly a lot of the language is unprofessional.

You can still use this as a starting guide for ordering DIY T and using crypto, but take some of the numbers with salt.

This document, as well as the accompanying spreadsheet is being uploaded to the internet archive so it doesn't get lost.

Revisions 10/23/2024 (can be opened with little arrow)

1. Updated Links to RoidBazaar's new domain, as that changed shortly after the initial doc was published
2. Removed link for Cypionate 100mg/mL, as the main ingredient listed a different cypionate, even though the listing stated it is Testosterone Cypionate. This is just to be on the safe side.
3. Added links to the full list of RoidBazaar's testosterone Cypionate, Enanthate, and Propionate products. The products under these links should be looked at and purchased at your own discretion, as a number of these I have glanced at are blends similar to Sustanon, which is *not* a form of Testosterone I recommend doing DIY because of the fact I know next to nothing about the other hormones/steroids it is blended with.
4. Added tab to give information on how often to get your labs drawn.
5. Added a few extra links to the misc. resources tab.
6. Added a tab for a **crucial** mistake to avoid making when ordering DIY T.
7. Added tab for allergic reactions

08/22/2026 Added TeamRoids as an alternative source to RoidBazaar, as well as the note at the top of the page.

Also, make sure you have the navigation pane open so you can find things easier!

If you can't find it, click the search bar at the top, and type "navigation", and click the option that pops up!

Hello, if you are reading this then chances are you are here from my blog and know about the different resources I've spoken about regarding DIY Testosterone.
When talking about DIY Testosterone, all this means is just accessing it without a written prescription. This *usually* entails accessing it through steroid sites, like many others do.
This document is meant to be a comprehensive guide on how to navigate sites, payments, and delivery, since I have not seen a guide on the procedure.

Testosterone Crash Course

What is Testosterone?

Testosterone is an *androgenic* hormone which is the primary driver in developing male sex characteristics. This is different than an *anabolic* hormone or steroid, which usually drives muscle building and shaping.

Where to get DIY T?

To order the vials for this, I use the site listed on the DIY HRT wiki, which is RoidBazaar. This is a public site that offers a variety of different steroids. I personally do not recommend messing with anything you do not already know about.
(As a side note - this site also offers the sale of different sorts of insulin. Please for the love of fuck, *do not under any circumstances fuck around with insulin. You will* ***kill*** *yourself through hypoglycemia quicker than hyperglycemia ever will.* I only bring this up because I saw someone say something about using insulin for bodily autonomy. I am all for taking control of your own body, *but insulin will kill you if you use it incorrectly.* There's a reason it's only prescribed for a very specific medical condition with strict instructions. I also say this as the fiancé to a Type 1 Diabetic. See the end of this doc for more information if you're *actually* for *some reason* considering fucking with insulin 😑...)
RoidBazaar also very often runs sales on their different brands. At the time I am writing this, they currently have a deal for a buy 2 get 2 free on their PharmaQo products. In the past they had a buy 2 get 1 free. So, keep an eye out for those.
RoidBazaar has a $100 order minimum in my experience. Please keep this in mind when ordering.
Still remember to keep in mind that in the United States, it is *illegal* to possess testosterone without a prescription, regardless of which site you get it from. RoidBazaar even says this on their site!

08/22/2026: I also now recommend ordering from TeamRoids, as they take monero as payment, and they also offer a steep discount if you order with crypto. They also have **no minimum order requirement.**

What type of Testosterone should I look into?

So, what sorts of testosterone does RoidBazaar offer?
The ones I've seen are:

- Testosterone Cypionate
- Testosterone Enanthate
- Testosterone Propionate
- Testosterone Sustanon

I do not recommend using sustanon, because it is a blend of about 4 different forms of T, 3 of which I have never heard about, much less know anything about. I cannot in good conscience recommend it when I do not know how it affects your health.
If there are any other forms of testosterone that I did not mention, I still do not recommend messing with them, for the same reason of I know absolutely nothing about them and how they affect the body and your health.

Cypionate, Enanthate, and Propionate are the most common prescribed forms of testosterone injections.
Propionate has the shortest half-life of these three, at only about 2 days. I unfortunately do not know much in terms of dosing with this form of testosterone, much less when taking into account the short half-life. If you know enough about this form, and how to stay safe with it, then it may be worth looking into.
Cypionate and Enanthate have pretty similar half-lives and are the most common forms of T injections prescribed for HRT. Enanthate has a half-life of around 4.5 days, and Cypionate has a half-life of around 8 days.
My personal recommendation would be, if you are doing biweekly injections, go with cypionate, if you are doing weekly, go with enanthate, due to the differences in half lives.
Enanthate also (apparently) has a decreased water retention than cypionate based on what I have read, so you may have a bit of weight loss on enanthate, however if you are using it *only* for that effect, I do not think it would be the greatest in that regard.

What brand of Testosterone should I look into?

My personal recommendation is PharmaQo. Not because of the deals but it seems the closest to the sort you can get from the doctor. Down to even having a purple cap. It really just looks to be the safest bet out of the other brands they offer and have more consistent dosing when compared to the form you can get from a doctor.
But the site deals are a nice addition.
For a quick note, the vials will say "FOR INTRAMUSCLAR USE ONLY". I want to go ahead and say, it is *okay* for you to do subcutaneous (aka SubQ) injections regardless of this fact. Even T vials that you get with a

prescription will say this. You aren't going to fuck up your transition or health just because you inject into the fat rather than the muscle.
You can also use whichever brand you like best or which fits your budget best. I just prefer **PharmaQo.**

Testosterone Links**RoidBazaar**

Testosterone Cypionate 200 mg/mL
Testosterone Enanthate 300 mg/mL
Testosterone Propionate 100 mg/mL**TeamRoids**Testosterone Cypionate 250 mg/mL (1)
Testosterone Cypionate 250 mg/mL (2)Testosterone Enanthate 250 mg/mL (1)
Testosterone Enanthate 250 mg/mL (2)
The following links should be looked at with caution and discretion, as several of the products listed are blends of different hormones and/or steroids. To be on the safe side, make sure that the only active ingredient on the product is the type of testosterone you are looking to buy.**RoidBazaar**
Site's Full List of Cypionate Products
Site's Full List of Enanthate Products
Site's Full List of Propionate Products

Injecting T

Prepping your injection

First things first, you need to make sure your supplies are *sterile*. Not just clean, but *sterile.* Check the packaging of your syringes and needles. If there are any holes or tears in them before you open them, *do not use them*!
When drawing up your dose, you should pull the plunger back *outside* of the vial first to where your dose should be. Then you push the needle into the vial, and *push all of the air out of the syringe.* Then you can actually start drawing the serum. You may still get some air pockets while you are drawing. It's okay, just push the air out into the vial and keep drawing until you get to your dose.
Once your dose is drawn, remove it from the vial, and then I recommend pulling the vial back *just* a little to get a little bit of space to change needles, and it also will draw any serum left in the drawing needle.
Before you actually inject, **make sure you prime your injections!** All this means is that you push the plunger to get the air out of the syringe so you don't actually inject air into your body. Your injection is properly primed when you see a little drop of the serum coming out of the tip of the needle.

Performing Injections and Vial Redraws

There are two ways to inject testosterone. Subcutaneous, which means under the skin. And Intramuscular, which means into the muscle.
For Subcutaneous, I personally like to inject into my stomach, or the really squishy part of my thigh, which is right about where it meets the pelvis. What I do, is I pinch a rather large chunk of where I'm injecting to, and very carefully push the needle in. Sometimes I get no pain, other times it's…a process. You'll get more used to it the longer you do it.
For Intramuscular, the most common sites are the bicep, where you're likely used to getting flu shots, or at around the *middle* of your thigh, closer to your knee. It may be better to *push* and spread the skin, so you have easier access to the muscle. Do keep in mind that you will likely have to use a longer needle for IM injections.
In the end it's a personal preference where you want to inject. If you want a visual guide, you can see this video listed on the DIY HRT Wiki for SubQ, or this video for IM.
Or for a more detailed guide, see this page by Plume. This page *does* specify for estrogen injections, however the injection techniques are still the same.
When it comes to needles, I use a 25 gauge half inch needle to inject, and an 18 gauge 1.5 inch needle to draw.
Also, I had someone ask this because they were misinformed about this, so I want to go ahead and clarify this.
IT IS OKAY TO REDRAW FROM A VIAL!
Trust me, you are *not* going to use an entire 10 mL vial in one injection. A 10 mL vial is going to last me about a *year and 3.5 months at my dose and frequency*. If you're vial is, say 100 mg/mL, you are going to be injecting *1000 milligrams of Testosterone at one time!* I don't think I need to go into too much detail as to why doing this is a bad idea, much less for a long time! (In insulin terms, that is…coincidentally 1000 units of insulin since there are 100 units in a mL. That *will* kill someone. This is just the easiest comparison I can think of.)
All you really need to do is sterilize the rubber on the top of the vial each time you do an injection. You can do this with an alcohol swab or a cotton ball/pad with rubbing alcohol.
Also it hopefully doesn't need to be said, but I will still say it anyways, *yes* you need to sterilize the spot you're injecting into. Use an alcohol swap or rubbing alcohol.

Needles and Syringes links

- 1 mL syringe
- 18 Gauge drawing needle
- 25 gauge injecting needle

(note that there are more needle options in both of the included needle links. If you prefer a different length/gauge, by all means order what you wish. These are specifically the ones *I* use.)

Purchasing

AVOID THIS MISTAKE WHEN ORDERING

When ordering through RoidBazaar, the name on the package will be whatever is listed as your **account** name. If you are ordering for different people, please make sure that you change your account name to reflect that of the person you are ordering for.
So say you are ordering for John Smith, and your account name is Jane Doe. Even if you put John Smith on the address part when checking out, the order slip will still say “Jane Doe, Generic Address, United States, UTI, 12345”.
It’ll basically have John Smith’s address with the name Jane Doe instead. I say all of this from personal experience, unfortunately…

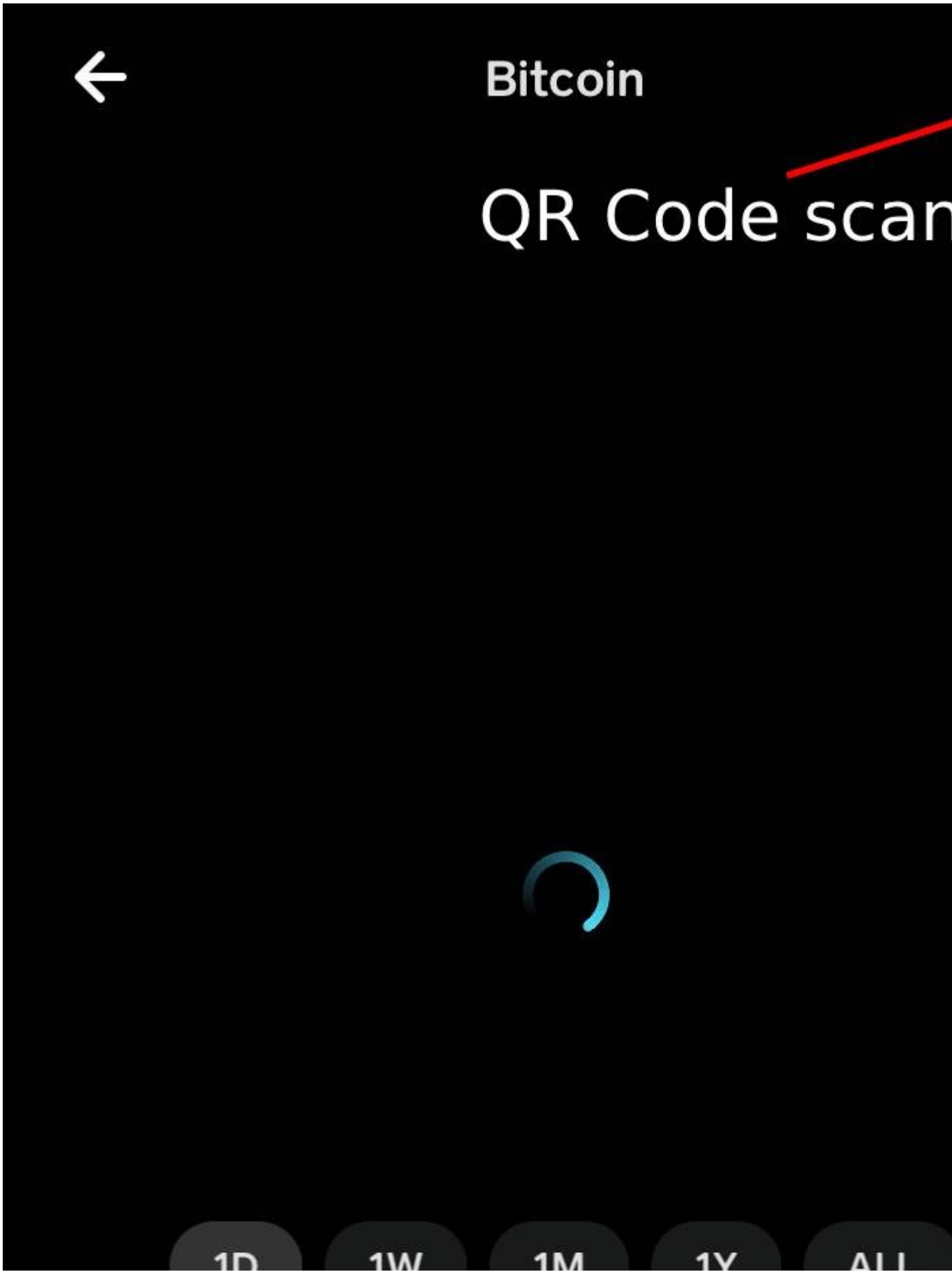
How do I purchase testosterone from this site?

RoidBazaar offers a few different payment options. The simplest ones look to be either Venmo, Zelle, and Bitcoin.
I do not know much about Zelle, and I *personally* do not trust Venmo that much as my first time using it was someone scamming me when I was trying to sell a dresser… But if you trust it, then by all means, go for it! But I also cannot guarantee that it will not track your payment information, so still be careful with it.
So, now all that’s left to cover is Bitcoin. I know we all have our own thoughts and opinions on cryptocurrency and its use in the modern day. But for some circumstances, it’s really the only option. When ordering DIY T, this is my *preferred* method.
But to reiterate, you can of course still use Zelle or Venmo if that is what you prefer!

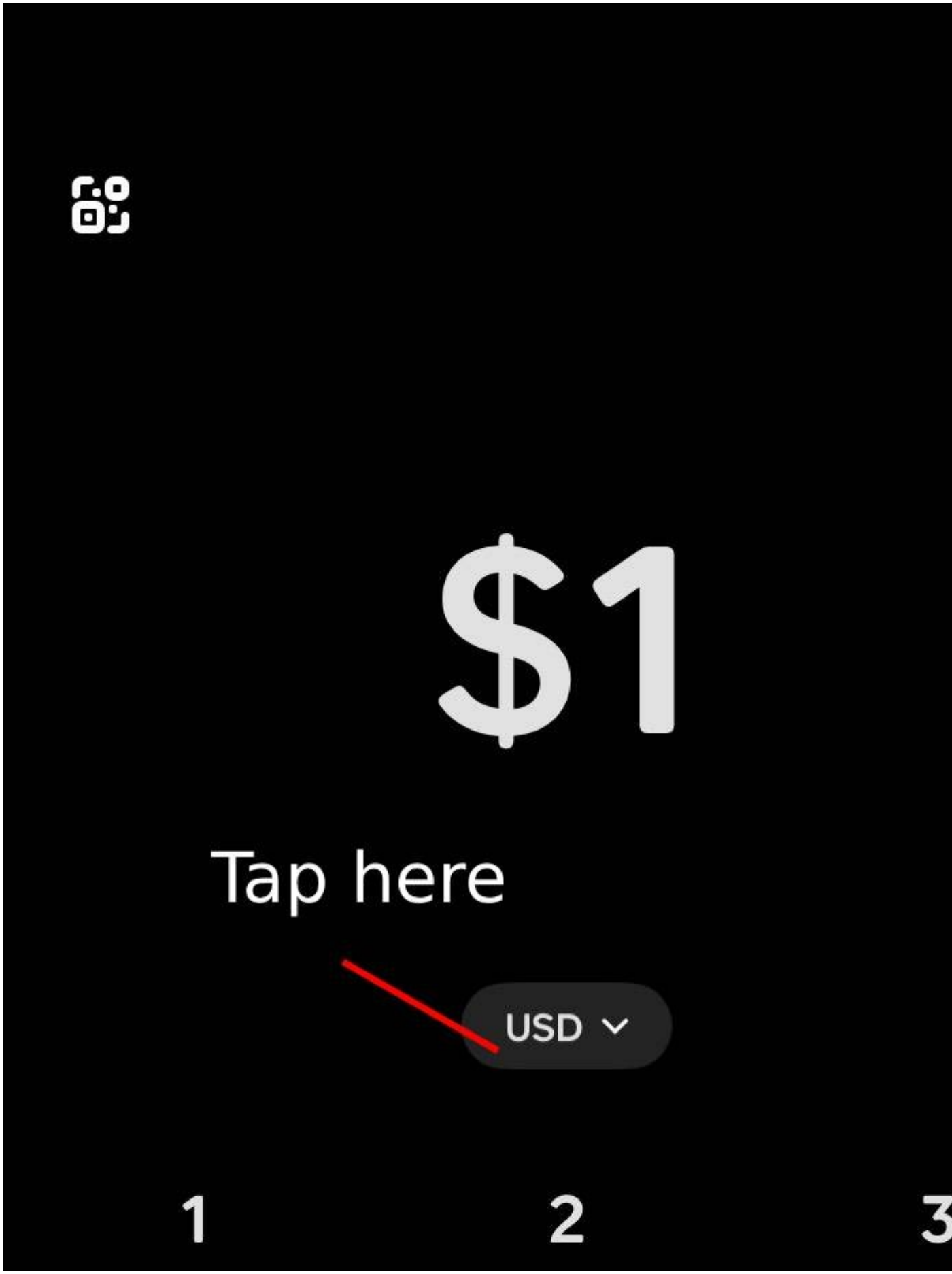
So how do I purchase bitcoin to get DIY T?

I personally use CashApp for purchasing Bitcoin. It makes it quite easy, and you can see how the values change from day to day.
To purchase bitcoin through Cashapp, tap this button underneath your cash balance.
You may have to provide a photo ID to be able to start purchasing bitcoin this way.
Then you just tap the buy button, and purchase however much bitcoin you need in accordance with the cost. I recommend purchasing a few extra dollars’ worth, to cover transfer costs, and because the values can change as you are buying it.
There *are* other ways to purchase bitcoin that aren’t through cashapp, but I unfortunately have no idea how those work. Other methods use things called Bitcoin wallets, which…I have no idea what that even is or how to open one. I just use cashapp because it’s easier for me and it’s less likely to result in a scam. I have seen stories of people getting scammed when trying to purchase bitcoin, so I just stick with cashapp.
Guide by cashapp

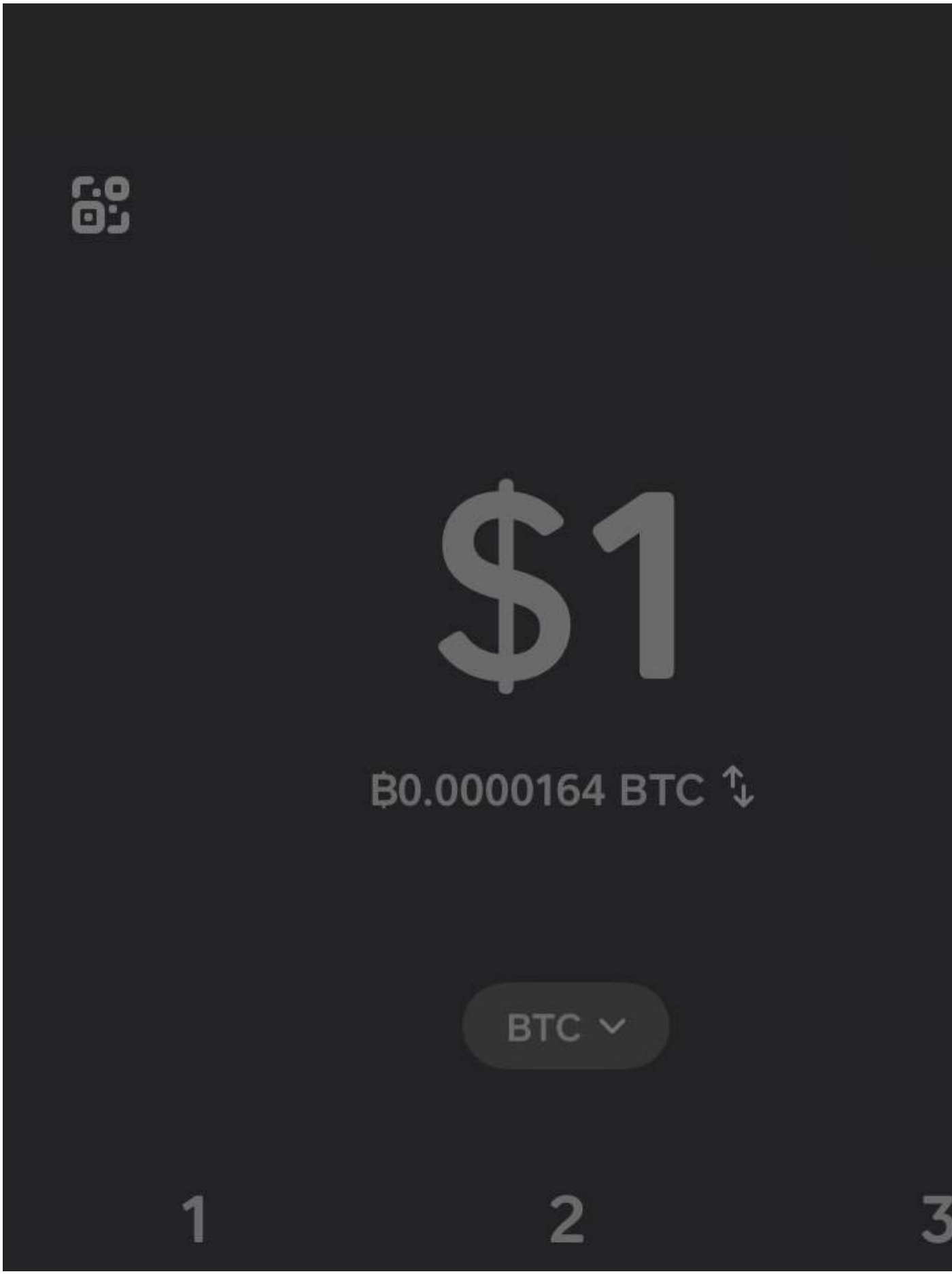
Below this is a few screenshots explaining the buttons I am / will be referring to.


Bitcoin
QR Code scan
1D
1W
1M
1Y
ALL

[ID: Screenshot of the cashapp bitcoin menu. There is a red line pointing to a QR symbol at the top right. The added text says "QR Code Scanner". There is also a red line pointing to a blue button with an up arrow and a down arrow to the bottom right of the menu. The added text says "Send/Receive".]


$1
Tap here
USD
1
2
3

[ID: A screenshot of the Cashapp sending/receiving menu.
There is a red line pointing to a small dropdown button in the middle of the screen. The added text says "Tap Here"]


$1
฿0.0000164 BTC
BTC
1
2
3

[ID: A screenshot of a submenu of cashapp's send/receive menu. Now there is a window that is titled 'Select Currency'.
There is a red line pointed to the second option, which is bitcoin, indicated with a blue icon. The added text says "Then here".]

How do I pay with bitcoin if that’s how I want to pay?

Easiest way I have found to do it:
When you confirm and check out your order, you will get a confirmation email. Once you get this email, go to your profile at the top right of RoidBazaar, and click orders.
You will see a list of things you have ordered from the site. If you paid with bitcoin, you will see the bitcoin icon to the right. Click that icon, and a window will pop up with a bitcoin address, and a QR code.
On cashapp under the bitcoin menu, there is a QR scanner at the top right, use that to scan the QR code, and you will use that to send your bitcoin through.
If the QR code is not working, go to your send money tab. I recommend sending an amount that is a little more than the final order cost, since as I stated before, bitcoin can be a bit funky, and quicker sending times will add to the cost.
There will be a little dropdown menu underneath where your value is displayed. Tap that and select bitcoin, and if you haven’t already, enter the amount you want to send as payment.
When you tap send, you will need to enter the entire bitcoin address as displayed on RoidBazaar. Once it is processed, you will get a text that says your withdrawal is confirmed on the blockchain. Just please note that it may take some time for the payment to be confirmed, this is okay and is normal in my experience.
Another way to send payment, is under the bitcoin tab again. Rather than tapping buy, or sell, you want to tap the button that has two arrows, one point up the other pointing down. You will then want to tap the option that says, “send bitcoin”, and once again enter the entire BTC address.

Health Stuff

What dosage should I order?

I recommend going with whatever is easiest for you to calculate with your dose, or whatever is easier to keep up with health-wise.
I personally use a 200mg/1mL testosterone cypionate, and inject .25mLs, so 50mgs every two weeks SubQ.
However, the site also offers a 100mg/mL of Cypionate.
For Enanthate, the site offers a 300mg/mL.
For Propionate, the dosage available is 100 mg/mL.
So again, just go with whatever is easiest for you to calculate and keep up with your health.

Dosage Chart

Some of these include recommended rounding values since it could be difficult drawing the exact amount. As stated before, I recommend going with whatever dose is easiest for you to calculate, draw, and keep up with in regards for injection and keeping tabs on your health. This is also here just to show you how different dosage values compare to each other.

	25 mg	50 mg	75 mg	100 mg
100 mg/mL	.25 mL	.5 mL	.75 mL	1 mL
200 mg/mL	.125 mL (.13)	.25 mL	.375 mL (.4)	.5 mL
300 mg/mL	.084 mL (.8)	.167 mL (.17 or .15)	.25 mL	.333 mL (.3 or .35)

How much should I inject?

As I already stated, I inject 50mg of Cypionate every two weeks.
I do this for health reasons!
The average male range of testosterone, according to University of North Carolina (UNC) Health, is MAX 600-600.
When taking 50mg every week, I was in the 900s. Having levels that high for a long period of time is dangerous and can put you into polycythemia. Polycythemia is when you are making too many red blood cells when can lead to complications such as blood clots, which can of course lead to heart attacks and strokes. Because of this, I had to take it every two weeks instead of every week.
My recommendation as per Novant Health, is to aim for 500 for your testosterone levels. That will keep you high enough for transitional purposes, but also help you stay at a healthy level.
I know someone personally who has experienced a retinal detachment, *likely* because of high blood pressure from the amount of T that he injected on a regular basis. Do *not* fuck around with your health.

What bloodwork do I need drawn to make sure I'm doing okay?

Very simple. CBC, complete blood count, and CMP, Comprehensive Metabolic Panel. The CBC is self-explanatory, and the CMP checks your liver function.
You should also get your testosterone levels drawn, to make sure you are within target range.
It *is* probably recommended you get your estrogen/estradiol drawn at least once a year, especially if you have a family history of reproductive problems like I do. If you suspect you have conditions such as endometriosis or adenomyosis which spread with estrogen, then I do highly recommend getting it checked, just to keep tabs on everything. Always still check with your doctor if you suspect you have any health issues.

Where can I get labs drawn?

Your doctor will almost always draw your CBC and CMP for you, but depending on how often you see them, you may need to order your own bloodwork to get it drawn.

I always go through Request a Test, and get it sent to a LabCorp site, since the QuestDirect sites will only draw testosterone for cis men according to the site.

How often should I get my labs drawn?

In the past I said you should get your bloodwork done at *least* every three months.
However, I recently spoke to my doctor, who told me that the three-month interval is usually a recommendation for people *starting* or *changing* a dose. If labs are okay, and you are on the same dose, then it's recommended you get your blood drawn every six months.
My personal recommendation in light of this, for the first year, get your labs done every three months. And if you are satisfied with results, and your labs are okay, then get them drawn every *six* months following that.
If your bloodwork is abnormal, consider having it redrawn after a month to check that everything is okay.
You can of course always still get them drawn however often you want to in order to have peace of mind.
Always remember to consult a medical professional in regards to bloodwork such as your CBC and CMP!

Links to order labs

USA
CBC & CMP together
Testosterone Free
Testosterone Total
Estradiol
(Whenever I get my labs done with my PCP, it just says 'Testosterone', not whether it's total or free. I think it's total, but I am linking both to be sure.)**UK**
CBC (called FBC in UK)
CMP (Called liver function test)
Testosterone
Testosterone FreeOestrodial (this is the closest I can find on the site to estradiol)**Canada**
CBC
CMP
Testosterone Total
Testosterone FreeEstrodial
Australia
For this site, it looks like the best way to order your labs is to "build your own" and to order the following:

- FBC/CBC
- Liver Function Test
- Testosterone Total
- **This site unfortunately does not have estradiol testing**

(Testosterone free is more expensive than testosterone total more often than not).

If your country is not listed here, the easiest way I have found to figure out where you can order labs from is to search “order cbc test (country here)”.

How do I know my labs are okay?

Again, put very simple, if your CBC and CMP are not flagging anything as abnormal, you are good.
Some labs are not uncommon to be drawn as abnormal. I have personally had high creatine, which means I was dehydrated, high LDL which means I had a high fat content, but was still normal for my age, and I had low carbon dioxide one time. I do not know how the heck the low CO2 happened, but the rest of my CMP that day was all within range.
The ones you really need to keep an eye out for in terms of being abnormal is your red blood cell count, hemoglobin, and hematocrit. But always still check with your provider for any other abnormalities.
And as I stated before, I recommend trying to hit the 500 range for testosterone, but try not to exceed 600 for extended periods of time.

Allergic Reactions

This is something a bit uncommon, but is still something that can happen. There is a 1 in 20 chance you can be allergic to the serum of T injections. At the least, this can cause some minor irritations, redness, itchiness, etc. At the worst, any sort of allergic reaction can cause anaphylactic shock and subsequent *fatality*.
If your reaction is minor, but you doctors do not know you are on any sort of injection (which I assume may be the case if you are reading this), the best thing I can recommend is to take a Benadryl (or generic equivalent that would make me look pretentious to type lol), get some water, and take it easy for a little bit.
If you are allergic to *Benadryl*, then try any other OTC allergy medicine. Benadryl is just the most common one used to treat allergic reactions, but note that in *almost* every case it’ll likely make you very fatigued/drowsy. I say *almost* because there are some people who do not immediately get tired. I myself am one such person.
If you start developing anaphylactic shock, *do not hesitate to call 911.* This would be one of the few circumstances that I will bring up towards the end of the doc, of “tell no one except emergency medical personnel”. Trust me, someone using hormones and having an allergic reaction is probably one of the least ‘what the shit fuck’ things they see in a single shift. Call 911 so you do not die.
Symptoms of anaphylactic shock: dizziness, swelling and redness, tightness in throat, difficulty breathing, choking, nausea and/or vomiting, low blood pressure (which can likely cause paleness), weak but rapid pulse.

Actually GETTING your testosterone

How do I get testosterone delivered safely?

I recommend opening a PO box, as they United States Postal Service is extremely discrete, and I have yet to have any issues with receiving testosterone when I get it sent there.
You can of course still get it sent to your preferred address, though.
If you want to open a PO box, you will need to fill out this form, and bring a photo ID with you, as well as a non-photo ID.
Non photo IDs include:

- Vehicle registration
- Lease or mortgage
- Voter registration
- Home insurance policy
- Vehicle insurance policy

Social security and birth certificates will not work for opening a PO box, as they base it off the address printed on the non-photo ID.
Examples of a photo ID include

- License
- Non-license photo ID
- Passport
- Military ID
- University ID
- Recognized corporate ID
- Alien Registration Card (USPS words, not mine)
- Certificate of Naturalization

I need to get a photo ID to open a PO box or to order BitCoin

It's different for each state. If you are not interested in getting a driver license, you can get a non-license photo ID.
See your state's DMV site for instructions. I will list the steps for North Carolina, since that is where I am from, but I will include links for other state DMVs.
The NC DMV will not allow an order online or by mail, you *hav*e to go in person. The NC DMV is notorious for being shit. Make an appointment and get there before they open at 8am. There will already be a line by the time they open.
To request an NC State ID, you will need the following things:
Proof of identity, 2 documents. Something with your full name and date of birth

- Passport
- Valid ID (out-of-state works too)
- Birth Certificate
- (It is *possible* a high school or college transcript may work too since those usually have your name and date of birth too, but I am not 100% certain)

Social Security Number

- SS Card
- Tax form from IRS
- Payroll

Proof of Residency

- Vehicle registration
- Utility bills
- Rent or mortgage agreement
- Although not listed, a voter registration should work too

The cost for an NC state ID is $14.

List of state DMVs to get a photo ID if you need one

Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
Florida
Georgia
Hawaii
Idaho
Illinois
Indiana
Iowa
Kansas
Kentucky
Louisiana
Maine
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana
Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island

South Carolina
South Dakota
Tennessee
Texas
Utah
Vermont
Virginia
Washington
West Virginia
Wisconsin
Wyoming
District of Columbia
List of Vital Records offices
I unfortunately have next to no idea as to how ordering a photo ID works outside of the US. I recommend checking your country's government website for more information regarding this.

Other matters regarding T

I have trouble with needles, what can I do?

I recommend getting either:
This shotblocker
Or This auto-injector
For bloodwork...Yeah, I unfortunately have to say, it's going to suck either way. Make sure you hydrate a lot the day before and the day of so that it's easier for them to get a good vein poke. I always ask the phlebotomist if I can listen to music, and I have yet to have one to tell me no.
I can also say that it heavily depends on the phlebotomist on what your experience will be like. I've had some times where I genuinely felt next to nothing, other times where I felt that pain and pressure the entire time the blood was collected.
You *can* request the butterfly needle, but just keep in mind that the 'butterfly' doesn't really determine the gauge (how wide around the needle is), it really just means it has those little 'wings' that makes it easier for the phlebotomist to draw. There's no one set gauge for the butterflies. But butterflies do tend to have *shorter* needles, but the main variable in terms of labwork is going to be the gauge size.
Try your best to not look at the needle, and try to keep track of where your 'good veins' are. For example I always get drawn in the bend of my right elbow because I know that's where the person drawing can get the easiest stick.

I can order T, but the site is confusing to me.

Totally okay. Feel free to shoot me an ask on my blog (likely where you got this file from), or to email me at my proton email. If I don't respond to the email within 24 hours, shoot me an ask to tell me to check my proton mail.

We can arrange a way for you to send me a payment via cashapp, and I'll get it ordered for you.
My proton email is: mkfanony4043@proton.me
To cover my own ass, I will be asking you to fill out a form that basically says you are at least 18, and understand that I will need personal information to order T vials for you. You can use an alias for this.

I can't afford T

Email me at my proton email. If I do not respond within 24 hours, send me an ask telling me to check my proton mail.
I will do what I can to get you some vials ordered and sent to you but *please* keep in mind that I still have to pay rent, insurance, car payment, etc. With the $100 order minimum, with shipping and tax included, the final cost is ball parking $175 to $200.
Email: mkfanony4043@proton.me
To cover my own ass, I will be asking you to fill out a form that basically says you are at least 18, and understand that I will need personal information to order T vials for you. You can use an alias for this.

Other shit

List of other miscellaneous resources (T gel sources!!)

- Androgel 1% packets (source found on HRT Café)
- Another source for androgel 1% (source found on HRT Café)
- Non-Rx T-boosting gel
- Another T-boosting gel
- First doc I made about acquiring DIY T and safety
- Free VPN with option to upgrade (via Proton)
- TOR browser (I have been advised to not use a VPN and TOR at the same time – use your own precautions)
- Proton Email – end to end encrypted
- DIY HRT Wiki – where I got a lot of this information from
- HRT Café – primarily based for *feminizing* hormones, but I found the T gel sources on here. Feel free to check out their links to see if there's other masculinizing products I didn't see.
- If you are on hormonal birth control and worry about access to it in the future, I recommend checking out their source InHouse Pharmacy. I have personally been able to find the one I take, being Medroxyprogesterone Acetate, which I need in order to keep up my quality of life. Try searching for the brand name, and then the generic names.

Who should I tell about being on DIY T?

The only people you should be saying ANYTHING about being on non-Rx testosterone is paramedics. If you are having a medical emergency, you

should probably mention it so they can treat you properly. I can *guarantee* they have seen more concerning things than someone using non-Rx hormones. I say this as someone who's had to perform first aid multiple times at various work places, including patching someone's hand that had a *chunk* of flesh missing.
Anyone else, you should say *nothing* to. Medical information can be subpoenaed in circumstances like court cases *regardless of HIPAA laws*, so if you tell someone you're using Testosterone without an Rx, you can *potentially* get yourself into deep shit.

Why are *you* (the one writing this) on DIY T?

Put simple, my T somehow keeps not getting sent to my pharmacy. I was running low, so…
I also started getting into DIY T in the case things go to shit in my country and it gets much more difficult if not impossible for me to get my HRT. I currently have enough to last me around 10 years.

Okay but WHY can't I fuck around with Insulin? (😑 **really…**)

Because it will drain your body of glucose and throw you into hypoglycemia, which can put you into a coma, and lead to death.
This the analogy provided by my T1D fiancé.
Glucose is like gas in your car.
Overfilling your car over and over and over again, *is* bad. And it will lead to severe complications. The diabetic equivalent of this would most likely be Diabetic Ketoacidosis.
However, you NEVER want your car to run completely empty. If your car runs out of gas, your car shuts down, and stops working.
If you run out of glucose, your body shuts down, goes comatose, and stops working, which, you guessed it, results in death.
My addition to this analogy, is that insulin (in this very specific analogy) is like your gas pedal. The more you press on the gas pedal, the quicker you burn through gas.
Diabetics, either do not have a gas pedal, or theirs' doesn't work like it used to. So they either have to put in a temporary gas pedal, or add something to the gas pedal to help it work better.
But, if you already HAVE a gas pedal, and you try adding stuff to the gas pedal, you're going to fuck up your car. You do not need two gas pedals, because now you're just depleting your gas quicker than you can get it refilled.
Hypoglycemia is *more* likely to kill you than hyperglycemia ever will. Low blood glucose is why diabetics will tell you if they are dizzy, pale, or otherwise not feeling well, to give them something sugary, and NOT give them insulin. Some diabetics even carry glucagon, the hormone functionally opposite of insulin in the case their sugar plummets and they pass out.
As I already said near the beginning of this doc,
Do not try to fuck around with insulin. You <u>will</u> find out.
The most common analogy for insulin is a key and a lock and a box.
Insulin is the key that unlocks the box which is glucose.

- Type 1 diabetics do not have a key. They need lockpicks. Someone called T-Cells came over and broke the key's manufacturer, Beta Cells.
- Type 2 diabetics *have* or *had* a key, but something happened to make the key not work as well, or just quit. May eventually need lockpicks.
- LADA diabetics (Latent Autoimmune Diabetes in Adults, sometimes known as Type 1.5) start off with a key, but it eventually goes away, because those T-cell guys came and beat up Beta Cells who were just standing there.
- Gestational diabetics have a key. But something is blocking the lock.
- Type 3c diabetics *had* a key, but something happened to the key to either break it or make it go away, that wasn't the results of those guys called T-cells being dicks.
- **If you already have a key, you do not need to be trying to shove an extra key into the lock. You will fuck up your box.**
- Diabetes Insipidus does not involve the key or lock, or even the pancreas for that matter. It involves the kidneys and is referred to as such because it comes from a Greek word meaning "a passer through, siphon," referring to how urine seems to just pass through the body, which is one of the hallmark symptoms of diabetes mellitus. Many patients of this condition are in favor of the name being changed to avoid confusion.